



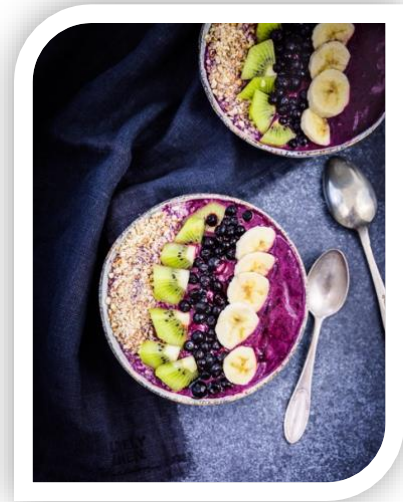
## Wild Blueberry Smoothie Bowl

### Ingredients for 2 serving:

- 1 1/2 cups (150 g) wild blueberries
- 2 tbsp (30 g) almonds or nut of choice
- 1 banana, sliced
- 1/2 cup (70 g) cottage cheese
- 2 tbsp (30 ml) almond milk
- 1 tbsp (15 ml) maple syrup

### Optional Toppings:

additional fruit of choice



### Directions:

1. Finely chop almonds and set aside.
2. Process banana and wild blueberries in blender. Add cottage cheese and maple syrup and continue blending until smooth.
3. Transfer to a bowl and garnish with nuts. Garnish with additional fruit as desired.

### Nutritional value per serving:

Calories: 258

Protein: 9 g

Fat: 12 g

Carbohydrates: 25 g

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America ([www.wildblueberries.com](http://www.wildblueberries.com)). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: [sally@thesirengroup.com](mailto:sally@thesirengroup.com) or [susan@thesirengroup.com](mailto:susan@thesirengroup.com). Visit: [www.thesirengroup.com](http://www.thesirengroup.com) or on [Twitter](https://twitter.com/thesirengroup) or [Instagram](https://www.instagram.com/thesirengroup) @thesirengroup.